

ADULT DROP-IN DRYLAND SCHEDULE

SUMMER 2016 | JUL 3 – SEP 3

	SUN	MON	TUE	WED	THU	FRI	SAT
ADMISSION DESK		8:30AM-4:30PM	8:30AM-4:30PM	8:30AM-8PM	8:30AM-4:30PM	8:30AM-4:30PM	
DROP-IN DRY LAND SCHEDULE				All classes are for participants 13 years old and up			
ACTIVITY	SUN	MON	TUE	WED	THU	FRI	SAT
YOGA PLUS		9:30-10:45AM		9:30-10:45AM		9:30-10:45AM <i>*Omit Jul 22</i>	

- **All classes are taught in the Kinross Room. Note: July 4, 6, 8, 18 & 20 will be in the Governor's Room**
- Schedule subject to change. Please visit www.edmonton.ca/ for live schedules, updates on closures and cancellations.
- Proper exercise wear is required to participate. Please arrive at least 5 minutes before the class begins to avoid disruption.
- No Instructor led drop-in classes on statutory holidays.
- For fitness services including fitness consultations and personal training please enquire with staff in the fitness centre.
- Yoga mats are not provided. Towels are recommended.

ACTIVITY DESCRIPTIONS		All classes are located in the Studio
YOGA PLUS	Achieve a heightened level of body awareness, strength, and flexibility. This Yoga class is specifically designed to incorporate all levels of Yoga – everyone welcome! Yoga mats are not provided.	

Revised: June 20, 2016